



HOW TO BRING UP A BABY

A Hand Book for Mothers

ELIZABETH PEARSON STODOL

ADVISOR OF THE "MOTHERS' CLUBS"
OF THE DISTRICT OF COLUMBIA, 1894-1900,
AUTHOR OF "A BABY'S REQUISITES,"
"THE CARE OF CHILDREN," "THE MOTHER'S
AND FATHER'S DUTY," ETC.

THE PROCTER & GAMBLE CO.

CINCINNATI, OHIO

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By

ELIZABETH ROBINSON SCOVIL

GRADUATE OF THE MASSACHUSETTS GENERAL
HOSPITAL TRAINING SCHOOL FOR NURSES.
AUTHOR OF "A BABY'S REQUIREMENTS,"
"THE CARE OF CHILDREN," "PREPARATION
FOR MOTHERHOOD," ETC.

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FOREWORD.

This little book is sent you with the compliments of the manufacturers of Ivory Soap.

In language so simple as to make misunderstandings impossible, it tells what you ought to do to keep your baby in good health; how to treat the minor ailments of childhood; and when you should send for a physician.

Food, Sleep, Dress, Cleanliness, Ventilation, the Care of the Eyes, Ears, Nose, Teeth, Hair and Nails—nothing is omitted.

Whenever it should be, *and no oftener*, Ivory Soap is mentioned; and, invariably, a reason for its use is given. It may not be out of place to add that for nearly thirty years, Ivory Soap has enjoyed a unique position in the homes of the majority of intelligent Americans. For bath, toilet and *fine* laundry purposes, it has no equal.

You should use it for baby's bath as well as for washing everything he wears—his underclothes, his frocks, his stockings, everything about him from the top of his little bald head to the tips of his pink and white toes.

Why? For the very good reason that Ivory Soap is pure soap; and nothing else.

There is only one other soap that can be compared with Ivory; and that is *genuine, unadulterated* white Castile Soap. It is on sale in very few stores. The "Castile" soap which is sold almost everywhere in this country is, as a rule, a cheap and unworthy imitation of a meritorious article. There is not a drop of olive oil in it; and it was not made within 3,000 miles of the historic city whose name it bears.

But even genuine Castile Soap, *if you can get it*—and the chances are that you cannot—is no better than, and not as pure as, Ivory Soap.

THE PROCTER & GAMBLE CO.

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Name _____

Born _____

Weight:

When born _____

When one month old _____

When three months old _____

Christened _____

First tooth appeared _____

First crept _____

First walked _____

First word was _____

Date, first word _____

THE NORMAL WEIGHT OF A NEW BORN CHILD IS 7 LBS., LENGTH $19\frac{1}{2}$ INCHES.

WHEN ONE MONTH OLD, WEIGHT IS $7\frac{3}{4}$ LBS. AND LENGTH, $20\frac{1}{2}$ INCHES.

WHEN THREE MONTHS OLD, WEIGHT, 11 LBS., LENGTH, 22 INCHES.

SIX MONTHS OLD, 15 LBS., LENGTH, 24 INCHES.

ONE YEAR, 21 LBS., LENGTH, 27 INCHES.

HOW TO BRING UP A BABY.

Success in life depends largely on the care that is taken of the health in childhood.

Children's
Future Depen-
dent on
Health

A child has the right to ask that his parents shall give him a fair start; that they shall not allow him to contract disabilities that could have been avoided by careful oversight.

The Care
Necessary to
Preserve It

Proper food, warmth, cleanliness and fresh air are the environment necessary to keep a child well. It sounds very simple. That it is not is proven by the number of children who die annually from entirely preventable causes.

To Overcome
Hereditary
Tendencies

Because of the errors or misfortune of their parents, some children come into the world burdened with delicate constitutions. It does not follow that they are doomed to die young, but that incessant and intelligent care is necessary to overcome the tendency to disease, and to enable them to become strong.

Tuberculosis

Children with a family history of tuberculosis, or consumption, should sleep in the open air and live in it as much as possible. Their food should contain a larger proportion of fat than is common—cream, butter, milk, bacon, fresh eggs, etc.

Children with an inclination to nervous diseases---

**Diseases of
the Nervous
System**

epileptic fits, chorea, or St. Vitus' Dance—should have no meat until they are at least six years old, and very sparingly after that; and they should lead a quiet, unstimulating life, to keep the nervous system in tone.

Rheumatism

Children afflicted with a rheumatic tendency should have little or no meat, but plenty of nourishing food, cereals, eggs, milk, etc., with abundance of fruit, especially lemons. They should be protected from cold and damp by suitable clothing, care being taken to avoid wet feet.

**Nature to be
Trusted**

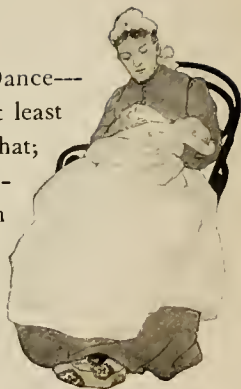
Nature intends a child to live. An ordinarily healthy child is singularly tenacious of life, and will often recover when apparently at the point of death.

Children should have little or no medicine, except by the advice of a competent physician. The mucous membrane that lines the stomach and bowels is very delicate. Drugs are apt to injure it, and should not be administered except in rare cases, and then only by an experienced person.

Patent medicines should be regarded as poisons, and should never be given to a child.

Constipation

In case the bowels do not move regularly, cut a piece of Ivory Soap about an inch and a half long and as thick as a stout lead pencil, point it at the end, and insert it gently until out of sight. If necessary press



it with the finger to retain it. In a short time a movement will follow.

The ills of childhood are usually due to improper food. If the diet is regulated the trouble will often disappear. A day's starvation when a child is out of sorts will frequently prevent serious illness.

Regulation
of Food

Food need not always be absolutely withheld, but only the simplest should be given. Good bread, or toast, or gruel of any cereal, with a little milk or, better still, pure water, will give the digestive organs time to rest and often effect a cure.

WHEN TO BE ALARMED.

When a baby has more than three movements of the bowels a day and the color changes from the proper yellow to green and the odor is offensive, stop giving milk. Give barley water, or whey with a little cream, for twelve hours, and if there is no improvement, send for the doctor. Do not try paregoric, the food is at fault. If far from a doctor, give from one-half to two teaspoonsful of castor oil, according to the baby's age. After that has acted, resume milk food gradually.

Diarrhoea

When an older child is feverish, give a warm bath with a quarter of a cake of Ivory Soap dissolved in it, stop all food and give a simple laxative. If next day there is not a decided change for the better, send for the doctor.

Fever

Eruptions Watch for a rash. It may be measles, scarlet fever, or chicken pox.

Anaemia If a child looks pale and is chronically tired and languid, more nourishing food should be tried, school stopped, and salt sponge baths given. The child should take plenty of outdoor exercise and sleep in a room the windows of which are kept open all night long.

Sore Throat If there is a sore throat, with or without spots, put the child to sleep in a room by himself. Gargle the throat with strong salt and water, wrap a wet cloth around the neck with a flannel over it, give a gentle laxative, and no food but milk, broth or gruel. If not better in twenty-four hours, summon the doctor.

Should the child seem ill and the throat look as if a grey film of slate pencil dust were spread over it, fear diphtheria and send at once for the doctor.

Colds Put the feet in hot water with a third of a cake of Ivory Soap melted in it, give a drink of hot lemonade and cover warmly in bed. Keep the child in one room if the cold is severe. If there is much discharge from the nose, spray it with salt dissolved in water, using an atomizer. If there is pain in the chest, mix one teaspoonful of mustard with three of flour, moisten with the white of an egg, spread on cotton cloth, cover with soft cheese cloth and lay over the spot for a few minutes until the skin is reddened. Do not blister. If drawing a long breath causes pain or coughing, send for the doctor, especially if there is fever.



A Baby Should Spend Most of the Time in Sleep.

Hip Disease

If a child complains of pain in the thigh, becoming worse when walking, suspect disease of the hip, and have an examination made by a surgeon.

Convulsions

Convulsions are often caused by undigested food. Put the baby in a warm bath with a cloth wrung out of cold water on the head. Lift out and wrap in a blanket without drying. Give an enema, with a small piece of Ivory Soap dissolved in the water, to unload the bowels. This soap, being absolutely pure, without coloring or scent, is especially adapted to the purpose.

Do not give much food for a time. If the gums are swollen and hot, keep the child cool and quiet. Let it suck a piece of ice wrapped in soft linen, and call the doctor. Convulsions indicate the existence of some irritation of the system which has over-taxed the nerves. The cause must be removed. There is no occasion for immediate alarm if treatment is promptly given.

OFFICE OF THE PHYSICIAN.

It is the business of the doctor to help the mother to keep the children in good health, as well as to cure them when they are ill. Ask him for advice on any points on which you wish to be informed, but do not fly to him every time your children have a pain.

Many trifling ailments cure themselves. Dieting and rest in bed is a good beginning, even if the disease proves too serious for this to cure.

It is a safe rule to send for the doctor if the symptoms that cause anxiety do not improve after twenty-four hours of home treatment.

A Safe Rule

FOOD.

All food may be broadly divided into three great classes—tissue-building, heat-giving and force-producing substances.

Composition

The mother should know in what kind of food to look for these different elements, that she may supply the needs of the body as nearly as possible.

The tissue-builders are called proteids, from the Greek word *proteuo*, meaning, "I take the first place." Milk, eggs, lean meat, fish and poultry belong to this class. Wheat, oatmeal, corn, rye, barley, peas and beans also contain proteids.

Fat is the fuel of the body and keeps up its heat. It is most acceptably eaten as meat, cream, butter and salad oil.

The force, or energy producing, foods are called carbohydrates, because they are composed of carbon, hydrogen and oxygen. Sugar and starch belong to this group. All cereals and vegetables contain starch. Potatoes, rice and bananas are rich in it.

Water is very necessary, because it constitutes nearly three-quarters of the



The Baby's Food

weight of the body, and the daily waste must be renewed.

A mother need not stop nursing her baby because her milk does not seem to agree with it. By diet and exercise, by increasing or shortening the length of time between the nursing, the character of the milk can be changed until it suits the child's digestion.

Bottle Feeding

No exact rule can be given for feeding, because every baby has to have food adapted to his particular needs. Milk is the foundation, but as cow's milk differs from mother's milk, and is intended for calves and not for babies, it has to be modified by the addition of cream, sugar or milk and water or lime water.

A physician can tell by the child's symptoms—colic, vomiting, or constipation—what change is needed.

If the proportion of fat is not correct cream is added, or withdrawn. If the proteids are too abundant the milk is diluted with water; if too scanty it is strengthened with barley gruel. Whey is valuable when milk cannot be taken temporarily.

Test of Thriving

The test of a child's thriving on any food is an increase in weight. There should be a gain of from six ounces to a half a pound every week for the first two or three months. Whatever a child weighs when born should be doubled at five months of age and trebled at the end of the first year.



The most exquisite cleanliness is necessary in the care of bottles and everything used in the preparation of the food. *The baby's life depends upon this.*

Care of
Utensils

Dissolve a few shavings of Ivory Soap in a quart of hot water. Rinse the bottle first with cold water, wash in the Ivory soap-suds and then scald with boiling water. Do the same with all pitchers, bowls and spoons used. Boil the rubber tops once a day besides washing them turned inside out.

Milk still forms the chief part of the diet after weaning. Good bread, a soft boiled egg, any cereal made into well cooked "porridge," rennet curds, rice and soft blanc mange may be used to vary the diet.

Food After
Weaning

Children do not need meat until after they are six years old and even then it should be given sparingly, never more than once a day. It is too stimulating to the delicate, nervous, system of a child. In excess it causes irritability. The proteids can be supplied by eggs, milk and fish, as bread and cereals also furnish a certain amount.

For Older
Children

Sugar in some form is necessary for children, as their universal craving for it shows. Their incessant activity requires a good share of such a force-producing food as this is, to sustain it. Honey, molasses and treacle may be used. Stewed fruit, home-made jam, dried fruits, (raisins, figs, prunes and dates) are beneficial in moderation. Sugar is best taken when com-

bined with food, so candy should be restricted, though not forbidden. Plain cake, milk puddings and fresh fruit serve to vary the bill of fare.

Many mothers seem to consider eating between meals a crime. On the contrary, it meets the necessity of many children who cannot, without causing indigestion, eat enough at one meal to sustain them until the next.

Constant nibbling should not be allowed. If the interval between meals is long, a child should have a slice of bread and butter, sprinkled with sugar, or some other light food in the middle of the morning and afternoon.

The digestion suffers if the child is allowed to become so hungry that he over-eats in the effort to satisfy himself.

Wakefulness is often cured by a glass of hot milk before going to bed.

Growing children have an immense amount of new tissue to form, as well as the daily waste of the body to repair, and they must have enough food to do it.

Children who are using their brains as well as their bodies should have an abundance of nourishing food. If they take their lunch to school it should be carefully put up. Sandwiches with a filling of cold meat or cheese, or eggs, or sometimes jam are recommended. So are a cup custard, a little tin of baked beans,



The Best Hour for Baby's Bath is Ten in the Morning.

when there is an opportunity to warm it, and a piece of cake, but *no pastry*.

Something substantial should be given at the evening meal, as for school children it is the principal one of the day—boiled rice with raisins, baked potatoes, boiled macaroni, potatoes sliced and baked in milk, eggs, but not meat as a rule, if it has been given for lunch. Some children like a cereal with figs, raisins or prunes cooked in it.

If a child will drink milk give it.

SLEEP.

Importance

Sufficient sleep is of even more importance to children than grown persons. The only rest that the heart gets is during sleep. Then the interval between the beats is lengthened and the force necessary to send the blood through the body is not as great when the person is lying down as when sitting or standing.

Sufficiency

A baby should spend most of the time in sleep. A healthy one should sleep from four to eight hours at night without waking.

Children until fourteen years old should have not less than eleven hours' sleep daily, say from eight at night until seven in the morning.

Separate Beds

Separate beds should always be provided for children. They rest better when alone. When two children sleep together the close contact is hurtful in

many ways. Each may breathe the air exhaled by the other, and air that has been inhaled and exhausted of its oxygen is a poison when re-breathed.

A child that is afflicted with a propensity to wet the bed during the night should have careful attention. It is a case for the doctor and not for punishment.

There may be some local irritation that causes the desire, or some constitutional weakness that can be overcome.

Meat should be omitted from the diet for a time, a cool salt sponge bath given at bedtime, and the child given an opportunity to relieve himself late in the evening.

If the sheets are stained make a lather of Ivory Soap and water and wash them out in the morning. Do not use common laundry soaps for this purpose. They contain an excess of alkali which sometimes makes the sheets irritating to a baby's delicate skin.

A child should have enough sleep to be perfectly rested and ready to wake of his own accord in the morning. Neither lessons nor amusements should be permitted to keep a child out of bed so late that he will not wake easily in the morning. If it is necessary to call him, lay one hand gently on his forehead

Accidents

Care of
Sheets

Waking

and speak his name. Never wake a child suddenly; the shock to the nervous system is too great.

Accustom all children, even babies, to sleep with windows wide open in all weathers, unless the rain or snow drives into the room.



Open
Windows

DRESS.

Warmth

Clothes furnish needed warmth by preventing the escape of the heat generated by the body.

The garments next the skin should be made of loosely-woven material, because the air entangled in the meshes, being a bad conductor of heat, helps to retain it.

Infant's Dress

A baby's clothes should be especially designed for warmth and comfort. The softest flannel next the skin, flannelette for the napkins and a loose outside slip, trimmed with soft, narrow lace, are suitable.

No tight bands should be used, nor weight of long skirts permitted to hamper the tender body.

The clothing should never be thick enough to cause perspiration, as that makes the skin tender and the child subject to cold.

Girl's Dress

The principal points to be observed in dressing a girl are: No tight bands about the waist, combination under-garments, divided under-skirts, especially in

winter, side garters that do not interfere with the circulation and loose dresses with no constricting bands.

Hygienic waists can be bought that do not press the delicate framework of the body out of shape. One of these may be worn if desired.

A girl should be carefully protected from the possibility of being obliged to sit in wet skirts, or with damp feet. She should have a short, thick skirt for rainy days and a light weight, waterproof cloak long enough to cover it completely. The feet should be well shod in thick boots and rubbers. Rubber boots may be worn *if circumstance permit of their being removed*. Rubber, being impervious to moisture, retains the perspiration constantly escaping from the feet and keeps them damp.

In Wet
Weather

Custom allows so much more freedom in a boy's dress than in a girl's that there is little to suggest.

Boy's Dress

The love of a boy for mother earth and the necessity he feels for getting close to her make it almost unnecessary to say that fine clothes are out of place on him. No mother should be surprised, or vexed, if he quickly soils them.

As a boy grows older and begins to pay attention to his collars and neckties he



should be encouraged to care for his personal appearance. It is a sign of coming manhood.

Play Clothes

Creeping aprons save a baby's clothes. They are made in a straight piece, long enough to enclose the skirts like a bag with an elastic at each end to fasten around the waist.

Overalls for boys are a pair of trousers, with the front extended to form a large bib, made of denim, or any other stout material. A loose jumper and trousers may be used.

A full divided skirt with loose blouse attached, like a bathing suit, makes a good play garment for girls.

CLEANLINESS.

Necessity of Baths

The surface of the body is covered with the openings of innumerable little glands or pores. From some of these a fatty substance is incessantly oozing to oil the skin, while others discharge perspiration. The outer layer of skin is also constantly peeling off. If these accumulations are not removed by frequent washing the health suffers because the pores are choked and the waste matter is retained in the body.

Water will not remove these accumulations thoroughly on account of their oily nature. A strong alkali dries the skin and destroys its natural suppleness. It is safest to use a pure soap, like Ivory Soap, in which there is no free alkali to injure the tender skin of a child.



Dry by "Patting"—not Rubbing—with the Towels.

Cold Baths

Cold baths are best for ordinary children. If the shock of a plunge into cold water is too great, cold sponging may be resorted to.

Bathing a Delicate Child

If a child is delicate make a lather of Ivory Soap and hot water in a foot-tub and let the child stand in it while being rapidly sponged with cold water in which a hand-ful of coarse salt has been dissolved.



Hot Baths

Hot baths stimulate the skin, bringing the blood to the surface. They also relax the muscles and soothe the nervous system. A hot foot-bath will often relieve headache and cure wakefulness. The addition of a good soap unclogs the pores and renders the bath more efficacious.

Restrictions

A baby should be bathed in warm water at first and sponged under a blanket until it becomes accustomed to the colder atmosphere of this world.

No soap but a pure scentless one like Ivory Soap should be used.

Some children can not bear a full bath every day. In such cases a partial sponge bath should be given, the parts bathed one day being omitted the next.

A full bath should not be taken within two hours after a hearty meal. The blood is needed by the di-

gestive organs and should not be diverted to the skin.

The head should be wetted before plunging into a full bath.

To give a sick child a foot bath without disturbing him, turn back the bed clothes from the foot of the bed, over the child's knees, place a folded blanket over the lower sheet and on it a foot tub containing hot water in which a quarter of a small cake of Ivory Soap has been dissolved. Bend the child's knees and place the feet in the water as he lies on his back, moving the tub near enough to be convenient. Cover it with a blanket and add hot water as needed. Remove one foot at a time. When the bath is finished, dry the feet and cover them quickly.

**Foot Baths
in Bed**

A porcelain bath tub with hot and cold water, a shower bath and a needle bath, in which tiny jets of water sting the skin into a ruddy glow, are desirable—when they can be had. Towels and Ivory Soap are indispensable additions to such luxuries.

**Modern
Conveniences**

Fortunately for those who can not afford a palatial bath room, it is not an absolute necessity for either health or comfort.

A square of oilcloth, rubber cloth, or table oilcloth, a good-sized basin and a pail of water can take its place without detriment. A cake of Ivory Soap is within reach of every mother and with this she can keep the skin of her children in perfect condition.

Substitutes

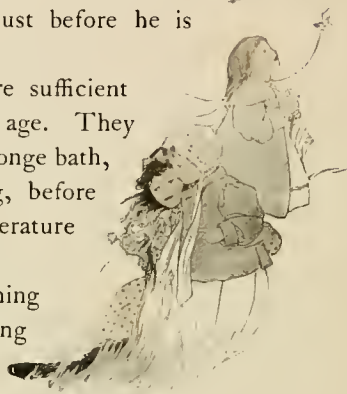
A somewhat more elaborate equipment consists of a portable tin or porcelain bath-tub, a washcloth or a piece of flannelette, a sponge, a cake of Ivory Soap, a bath thermometer and a couple of very soft towels.

The water should be *soft* and of a temperature of 95° in winter and from 85° to 90° in summer. Satisfy yourself by the thermometer that it is neither too hot or too cold.

Put baby in the bath. Moisten the wash-cloth and apply soap, first to the face and neck, then to the arms, next to the body, and last, to the legs and feet. Fill the sponge with water from the tub and squeeze its contents, over the face, arms, body and legs, repeating this until all dirt and soap are removed. Dry by "patting"—not rubbing—with the towels. The best hour for baby's bath is ten in the morning or in the evening, just before he is given his last bottle.

Three full baths a week are sufficient for children over three years of age. They should, however, be given a sponge bath, without soap, every morning, before breakfast, in water of a temperature of about 75° .

A frequent change of clothing is very important in preserving cleanliness. The garment worn next the skin and also



the stockings should be changed every day if possible. The emanations from the body adhere to the under-clothing and cause the disagreeable odor that is sometimes noticeable, even when the body itself is clean.

It is especially necessary that a baby's clothes should be washed with a pure soap that no irritating particles may, by any chance, be left in them.

Washing

Babies' jackets and soft woolen garments should be washed in a lather of Ivory Soap and warm water, rinsed in water of the same temperature, pulled into the shape they should be when dried and laid on a flat surface—a folded sheet will do—in a warm place where they will dry quickly. Done in this way they retain their shape and freshness.

The same rule applies to sweaters and all knitted or crocheted articles.

REMOVING STAINS.

Grass stains can be taken out with wood alcohol—a poison to be kept out of the reach of children.

Grass Stains

Wheel grease will yield to repeated rubbings with tallow and washing.

Wheel Grease

Spots of machine oil will disappear if washed in cold water.

Machine Oil

Rub the spot with a bit of clean cloth dipped in benzine, or naphtha, until dry. If the fabric is very delicate cover the spot with powdered French chalk

Grease Spots

and leave for several hours, brush off and repeat if necessary.

Blood Stains

Soak the stains in vinegar and then wash them in cold water or cover with a paste of laundry starch mixed with cold water; when dry, brush off and repeat.

**Paint or
Varnish**

Rub the paint spots when fresh with a cloth wet with spirits of turpentine. Benzine and naphtha are also used.

Ink Spots

Ink can be removed from a washable material by washing it in milk as soon as the stain is made.

**Fruit, Tea and
Coffee Stains**

These stains will yield to boiling water poured on them.

Iron Rust

Iron rust can be taken out of white washing material by pouring a cupful of boiling water on two teaspoonsful of oxalic acid crystals (a poison) and steeping the spot in it, then washing it with clean water.

VENTILATION.

Clean Air

Clean air is even more necessary to the health of children than clean clothes, and this is what proper ventilation provides, when the outside air is pure.

**Open
Windows**

Windows are made to open and doors to shut. Lower the top sash and raise the bottom one and a current is set in motion that carries off the warm, used air and brings in fresh.

**To Avoid
Draughts**

If the bed is in a draught have a folding screen to stand before the window and direct the air upward.



Until Fourteen Years Old, Children Should Have Not Less Than Eleven Hours Sleep Daily.

Cold Air Not
Always Pure
Air

If this is inconvenient or impracticable, tack cheese cloth across the window openings.

Air is not necessarily pure because it is cold. Have fresh air even in winter, keeping up the temperature by artificial heat, or extra coverings. The temptation to shut out cold air is great, but it should be resisted.

THE EYES.

Need For
Glasses

Children are often blamed for stupidity at school when the fault is with the eyes and not with the brain. They can not see the blackboard work and so miss much instruction.

If a child holds his book too near the face, or at arm's length away from it, or half closes his lids in the effort to see, it is more than likely that his vision is defective. The eyes should be examined by a good oculist and proper glasses prescribed.

Nothing is more trying to the nervous system than the straining to see when the eyes do not focus the rays of light properly, or are astigmatic, as the doctors say.

The correction of defects in sight often stops headaches and makes a wonderful improvement in a child's health.

Stys, etc.

Stys, inflammation of the lids or the formation of matter about them, of-



ten show that the child is in a run-down condition and that a tonic is needed.

To soothe the eyes take a teaspoonful of boracic acid powder, put it in a cup of warm water that has been boiled and stir until dissolved. A little powder should remain in the bottom of the cup, showing that the water can take up no more. Dip a piece of absorbent cotton in this and bathe the eyes frequently, separating the lids with the thumb and finger and taking pains to see that they are clean. Dry on small squares of soft cotton and burn all pieces used at once—the discharges are sometimes very contagious.

The slightest redness or discharge from a baby's eyes should be reported to the doctor at once. Bathe the eyes with the saturated solution of boracic acid, keeping them perfectly clean, until he comes. Blindness may result from neglect.

**The Baby's
Eyes**

THE EARS.

The bitter wax secreted by the ears, which prevents insects from straying into them, should be carefully removed by wrapping a soft piece of cotton around the rounded end of a hair pin and inserting it gently for a very short distance.

**Removing
Wax**

The outer canal is closed by a membrane at the end, so there need be no fear of penetrating too far; but a rough poke might easily injure it.

The ear may be very gently syringed with hot water, or a teaspoonful poured into it as the child lies

Earache

with the ear uppermost, turning it down again to let the water run out.

In case of pain, a tiny mustard plaster behind the ear will sometimes give relief, as also will a hot water bag, or a flannel bag filled with sand and heated in the oven.

If the pain is severe, or prolonged, the doctor should be consulted.

Foreign Bodies

If a hard substance like a button gets in the ear, syringing gently with warm water may bring it out. A bean, or anything that water would cause to swell may be hooked out with a blunt hair pin. Send for the doctor if the article cannot be reached.

Boxing the Ears

Never box a child's ears. If you do, you may rupture the membrane and cause deafness.

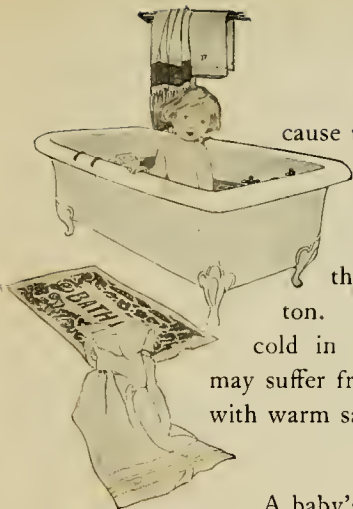
THE NOSE.

Adenoids

If a child persistently breathes through the mouth, keeping it open, the nose should be examined to see if the passages through which the air should be drawn into the lungs are free. They may be filled by a growth of tissue called adenoids, which should be removed as it affects the health in many ways.

Foreign Bodies

Young children sometimes push small articles, such as beans, or beads, into the nostrils. Examine carefully in a strong light and remove the obstacle if possible with the rounded end of a hair pin. If it is too firmly lodged send for the doctor. It will



cause trouble if not extracted. If very small it may go down the passage into the throat and be swallowed.

Remove the accumulation from the nostrils daily with a plug of cotton. If there seems to be a constant cold in the head it is possible the child may suffer from catarrh. Syringe twice a day with warm salt and water.

Care of the
Nose

THE TEETH.

A baby's first teeth, the two middle ones in the lower jaw, come when he is between five and nine months old; the four last ones of the first set when he is from two to two and a half years old.

The First
Teeth

These should be carefully cared for as long as they last, and filled if necessary to preserve them. If they are allowed to decay prematurely the jaw is apt to contract and crowd the second set.

The second teeth begin to come when the child is about six years old, and the last, or wisdom teeth, do not usually appear until one is about twenty years of age.

The Second
Teeth

The dentist should examine the teeth frequently. If they are kept in good order they will not ache and he can correct any crowding or deformity that may thereafter develop.

A drop of oil of cloves on a little cotton pressed into the cavity of a tooth will stop pain temporarily.

Care of Teeth

A silk thread passed between the teeth after meals removes particles of food which, if left, would cause decay.

Tooth Wash

Children will brush their teeth if they have a tooth wash that tastes nice. There is none better than half an ounce of Ivory Soap (one-twelfth of a small cake) dissolved in four ounces of water with a teaspoonful of rose water as a flavoring. If this is used regularly, morning and evening, with a soft brush the teeth will be kept in good condition. Most of the advertised dentifrices can be used without fear of injuring the teeth. But mothers will do well to avoid tooth powders which contain grit or any hard substance that might injure the enamel of the teeth.

THE HAIR.

Care of the Hair

Children's hair should not be cut until they are at least three years old. It should be brushed with a soft brush and the scalp well rubbed with the hands at night. This brings the blood to it and stimulates the follicles from which the hair grows. It is keeping up the nourishment of the scalp that prevents baldness.

Washing the Hair

Washing the hair once a week is often enough for cleanliness. The use of a pure soap, like Ivory Soap, is essential, because the natural oil of the hair catches



The Love of a Boy for Mother Earth.

and imprisons a certain amount of dust, which must be released. Any excess of alkali in the soap dries the hair and makes it harsh, brittle and rough.

Dandruff

Dandruff is the little scales that form when the skin is too dry. Rub the patches well with vaseline at night and brush the hair thoroughly next day. Repeat until the dandruff disappears.

Brushes and Combs

Brushes and combs must be kept scrupulously clean. Wash them once a week in a quart of cold water with a teaspoonful of ammonia in it, using Ivory Soap and water to complete the task.

THE NAILS.

Finger Nails

A baby's nails should be trimmed as soon as they become long. The best implement to use in cleaning the nails is a orange wood stick, or any stick whittled to a fine point, the other end being beveled to push down the thin skin about the root of the nail. Steel manicure instruments cut a furrow or channel under the nail where the dirt accumulates.

Hang Nails

Hang nails should be cut close with sharp scissors and the fingers washed in a saturated solution of boracic acid.

Toe Nails

The toe nails require as much care as the finger nails. Well-fitting shoes and stockings are the first requisite in the care of the feet. Shoes which are too





small press the toes out of shape, injure the nails and cause bunions and corns. The latter are callous formations thrown out by nature as a protest against too much pressure.

The point of the great toe-nail is sometimes pressed down by the shoe and grows into the flesh. The top of the nail should be scraped thin with a piece of glass, the point gently raised and a wad of cotton pressed under it. This should be renewed from time to time. The nail sometimes has to be removed by a surgeon.

**Ingrowing
Nails**

To obviate the possibility of such a mishap, cut the nails square across the top and have shoes and stockings wide enough at the toes to avoid pressure.

Prevention

EMERGENCIES.

For burns or scalds dissolve a heaping teaspoonful of baking soda in half a cup of water, dip a soft cloth in it and cover the injured part. Washing soda will do, but it takes longer to dissolve.

**Burns and
Scalds**

Pure carbolic acid causes a painful burn. Saturate a cloth with alcohol and lay it over the part. If you have no alcohol, try vinegar.

**Burns from
Carbolic Acid**

In treating burns keep the bandage covering it wet until the pain subsides.

Wash the cut with cold water, and bind tightly for a short time to stop the bleeding. Then dress with

Cuts

boiled water cooled and keep covered until healed.

Bruises

If the face is bruised apply ice and keep cold, wet cloths on the part for a time. If the bruise is on any other part of the body, wring a flannel out of very hot water and lay it on the bruise, changing it until the pain is relieved.

Sprains

Treat sprains as a bruise, laying a hot water bag over the moist flannel to keep up the heat.

Let the doctor see a bad sprain of wrist or ankle, as there may be a bone broken or displaced.

Foreign Bodies Swallowed

When a child swallows any small body, as a pin, or a cent, give soft food—potatoes, oatmeal, or bread and milk. Use *no medicine*. The substance will probably become embeded in the soft mass and pass safely away. Watch for its appearance. If the child complains of discomfort later, consult the doctor.

POISONING.

General Principles

Give an emetic, half a teaspoonful of mustard in a cup of tepid water. Then give the antidote for the poison if you know what it is. Apply heat to hands and feet and administer a stimulant if there are signs of collapse. Get the doctor.

Corrosive Sublimate

Tablets of corrosive sublimate are kept for disinfecting and may



be swallowed accidentally. Give white of egg stirred in water, or slightly beaten, with a little sugar to make it palatable.

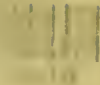
Alcohol is the antidote for carbolic acid. Give brandy or whiskey if pure grain alcohol can not be obtained. Wood alcohol, or methylated spirits, is a poison, causing blindness. Vinegar is recommended in case pure grain alcohol is not obtainable.

Carbolic Acid

BITES AND STINGS.

Cover the part affected with a paste made by moistening baking soda with water, or bathe with a teaspoonful of ammonia in a cup of water.







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